

# HELENA SENIOR NUTRITION MENU - SEPTEMBER 2022

LUNCH SERVED AT 11:30 AM

For More Information Call (406) 447-1680



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>		<p>1 SPANISH BEEF &amp; NOODLES CORN &amp; BEAN MEDLEY CAULIFLOWER FRUITED JELLO</p>	<p>2 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS</p>
<p>5 CLOSED</p> 	<p>6 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>7 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED CRAN-APPLES</p>	<p>8 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p>9 <u>BIRTHDAY DINNER</u> ORANGE CHICKEN WILD RICE BROCCOLI &amp; CAULIFLOWER FOUR BEAN SALAD PINEAPPLE BIRTHDAY CAKE</p>
<p>12 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>13 PORK &amp; VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT</p>	<p>14 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS BAKED APPLES</p>	<p>15 POTATO, VEGGIE &amp; CHEESE EGG BAKE VEGETABLE MIX GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>16 BEEF STROGANOFF EGG NOODLES VEGETABLE MEDLEY PICKLED BEETS PINEAPPLE</p>
<p>19 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>	<p>20 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT</p>	<p>21 BAKED HAM MACARONI &amp; CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE</p>	<p>22 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES</p>	<p>23 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>26 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS</p>	<p>27 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT</p>	<p>28 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP</p>	<p>29 SWEDISH MEATBALLS EGG NOODLES WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS</p>	<p>30 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND BAKED APPLES</p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS  
 USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.

This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN

Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.